

FRILLS, SERVICE HELP AT DINNER

Even Best Cooking Alone
Won't Make the Meal
a Real Success

SAUCES IMPORTANT

With the French Dishes They
Are Absolutely Necessary
for Best Effect

What constitutes a successful dinner is not enough that the food be perfectly cooked, they must be served with the proper combination of sauces, vegetables and relishes.

Prescribed rules for the serving of certain dishes, at first glance, seem arbitrary and far-fetched, but actually, they are the gleanings from generations of experience, and distinguish the artifice from the commonplace meal.

The success of French cooking depends in a large measure upon the sauces that accompany each dish. The French cook knows to exactness the requirements of each particular sauce, and with the strong-flavored meats, and with the fat ones, and bland, delicate accompaniments for the mild-flavored meats, with a bit of pungent seasoning for good measure.

Turkeys and Cranberries. Firmly imbedded in everyone's mind is the necessity of serving turkey with a quivering mound of tart cranberry jelly. To a host doing so would rob the holiday feast of half its joy. Of equal importance is the serving of apple sauce with goose.

Any sportsman will tell you that wild duck needs the flavor of sweet potatoes or hominy cakes, and the pungent acid of currant jelly and orange salad. Wild duck is never stuffed, even for roasting, though an onion or an apple, tucked in the body cavity during cooking improves the flavor.

Domestic ducks are served with a dressing of sage, bread and onion, and the same orange salad that accompanies the wild duck.

Shewing Flavors. The coarse texture of the tougher cuts of beef demands vegetables of strong flavor, turnips, carrots, onions, and the like. Inskine corned beef without cabbage! Beef needs the pungent sauces, mustard or horseradish.

The tender cuts of beef, a juicy rib roast or delicious fillet, do not require strong flavors, and the best served with green vegetables in season. When one goes to the expense of serving the tenderloin, or fillet, it would be a pity not to accompany it with the most son sauce and broiled tomatoes which make it quite perfect.

Spring lamb is somewhat of a disappointment unless accompanied by mint sauce and green peas, but the more decided flavor of mutton needs caper or onion sauce.

The tartness of tomato sauce is especially agreeable with veal, whether roasted or served as steak. Since veal is lacking in fat it needs a fairly

rich sauce, and with this, mild vegetable relishes that serve to establish the palate for the main course.

Roast Pork, Apple Sauce. Roast pork and apple sauce have been inseparable, probably since the time that ancient Chinaman discovered the apple flavor of "baked meat" in the smoking chimneys of his house.

In this part of the world, used it is added that sweet potatoes are at their best with pork. No other type of substantial dish requires the corn in serving that does fish. The fat fish, salmon, mackerel need an acid sauce such as tartar or vinegar, while the white fish, halibut and even the flounder, should be served with drawn butter, hollandaise, or egg sauce.

Having determined upon the "appetite raisers," and the accompanying sauce and vegetable, we must build the whole menu around this foundation, the sturdy vegetable is all that is permissible, and for this reason it need not be a vegetable.

White fluffy grains of rice may quite properly take the place of potatoes at even the same formal meal, while we often serve poultry, mackerel or roast beef with the meat gravy. To serve potatoes with one of these is not only a social error, but a dietary sin.

Mild Green When in Doubt. In case of doubt, one is always safe in serving a mild green vegetable, such as spinach or asparagus, at any dinner. When tomatoes are served, they should be prepared in some way that makes it possible to eat them with a fork. Side dishes are not seen on the formal dinner table, nor is any vegetable that is too hard to be eaten with a fork.

The dinner should always include in contrast to the rest of the meal. Green green vegetables, alone or in combination, with a tart dressing are preferred. The green vegetables of meat and nuts topped with heavy mayonnaise are suitable only for lunch, or some formal where it may be the substantial dish. A fruit salad, preferably orange or grapefruit with a French dressing, is permissible at dinner.

Care in Perfect Desserts. When it comes to desserts, notwithstanding the wide variety to choose from, too great care cannot be used in the selection. The perfect dessert has been called a "delicious farewell," one that is not too filling, yet with the sweetness and lightness of texture which is so universally popular. Substantial pies and puddings are a meal in themselves, and a decided tax on an already well-filled stomach. All sorts of gelatine and fruit desserts, creams made light with beating, and white of eggs, all these, and many too numerous to mention may be the end of a perfect meal.

ART OF POACHING AN EGG

It's No Easy Task to Turn One Out

Poaching an egg is a sure enough art. The ability to turn one out that looks soft and whole and unbroken, and to serve it on toast that is not wet is no easy thing to do.

This is how to do it, on the word of a well-known home demonstrator: Have water in the skillet boiling hot, add a little vinegar (this is to hold the whites of the eggs together) and just before breaking the eggs into the skillet, take a spoon and start the water whirling about in a circle. This keeps the egg round, and from spreading out flat. When the egg is done, take an ordinary pancake turner, lift the egg from the pan and place it on a napkin held in the other hand and allow it to rest there for a mo-

ment before placing it on the toast. This allows the moisture to sink into the napkin instead of the toast, and instead of an egg, round and soft and with fluffy white over the golden centers, adorning a crispy brown piece of dry toast.

To Remove Stains on Plates.

Plates that are overheat often become badly stained, the brown marks are not easily removed with ordinary washing. To take these marks away use a cork and some salt. Soak the salt over the part to be treated and then rub it lightly with the cork. A little moisture will help the process, but the salt should not be made too wet.

Not So Beautiful, Wise or Witty, This Wonder Woman

But She Knows How to Fix Up a House Nice and Snug—and Also She Can Cook

The woman selected from the average crowd as the woman the gods have most richly endowed is picked, not alone for her fairness of face nor because she is charming and has ease and grace, and not just alone for her musical soul, nor her rare gift of humor, her power to be droll nor for wisdom and knowledge she gained from a book but because—Wonder Woman!—she knows how to cook! In her face lies the wisdom of true womanhood, in her

hands lie the power of cooking things good and she knows how to fix up a house nice and snug with a picture, a drape, a chair and a rug. From her throne she is ruler of all she surveys and serenely she moves through the intricate maze of spices and ovens and salads and dough and answers all questions sent up from below. And now, in conclusion, we'll tell you a few of the things that this wonderful woman can do—according to etiquette, precept and rule of The World's Better Homes and Free Cooking School. She offers a remedy, cure for divorce—provided that you're an apt pupil, of course. She provides ammunition for Cupid's warfare—

for where there's good food, men's hearts also are there—by showing girls how to win bachelors' esteem with roasting a chicken or making ice cream. At a time when discussions and questions arise whether woman shall be simply mother and wife or go forth in the world and carve out a career as a cab driver, air pilot or financier, like finding a lily as white as the snow in a place where you thought only red poppies grow, like a stray, cooling breeze that wanders your way and fans your hot face on a mid-summer day—like finding an exquisite piece of old lace in a find among a homemaker like Mrs. Chase.

To Freshen Up Baked Apples. Here's a way to give a new taste to baked apples. Core and prepare the fruit as usual, but fill the centers with the following mixture: Half a cup of sugar, 2 teaspoons cinnamon and 2 teaspoons of flour. Fill the centers of the apples with part of this mixture, and blend the remainder with 1½ cups of water, pouring it over the apples. Bake until tender.

Ammonia to Clean Brushes. Ammonia also cleanses hair brushes, brightens silver if added to dishwater, and, if added to washup, keeps flannels soft.

First Aid to Housewives

Calumet Baking Powder has been the first aid in millions of homes for many years—the first aid towards a speedy and positive recovery from bake-day failures—first aid because it never fails to produce perfectly raised—sweet and wholesome bakings.

Better Baking Powder can not be produced—it was given highest awards at World's Pure Food Exposition, Chicago, Paris Exposition, Paris, France.

Only such ingredients as have been officially approved by the United States Food Authorities, are used in the manufacture of Calumet—pure in the can—pure in the baking.

The largest and most sanitary Baking Powder factories in the world are kept busy supplying the demand from millions of housewives.

Calumet is not only the most dependable Baking Powder—it is the most economical. You save when you buy it—moderate in price. You save when you use it—no spoiled bakings—no loss from failures.

A pound can of Calumet contains full 16 oz. Some baking powders come in 12 oz. instead of 16 oz. cans. Be sure you get a pound when you want it.

Calumet Griddle Cake Recipe

4 cups flour, 4 level
teaspoons Calumet
Baking Powder, 1
teaspoon salt, 3
cups milk. Then
mix in regular way.

SERVICE!



QUALITY FREE DELIVERY

We want every lady who visits the Cooking School and Better Homes Exposition to also visit this high-class food store and market, where we can show you the high standard of sanitation and service we maintain at all times. We are centrally located, opposite the Orpheum theater, convenient for everyone.

We maintain a free delivery system to all parts of the city and your phone orders are filled promptly and delivered at once. Try us once and our high-grade meats and pure food products will make you a steady customer. Note these special prices:

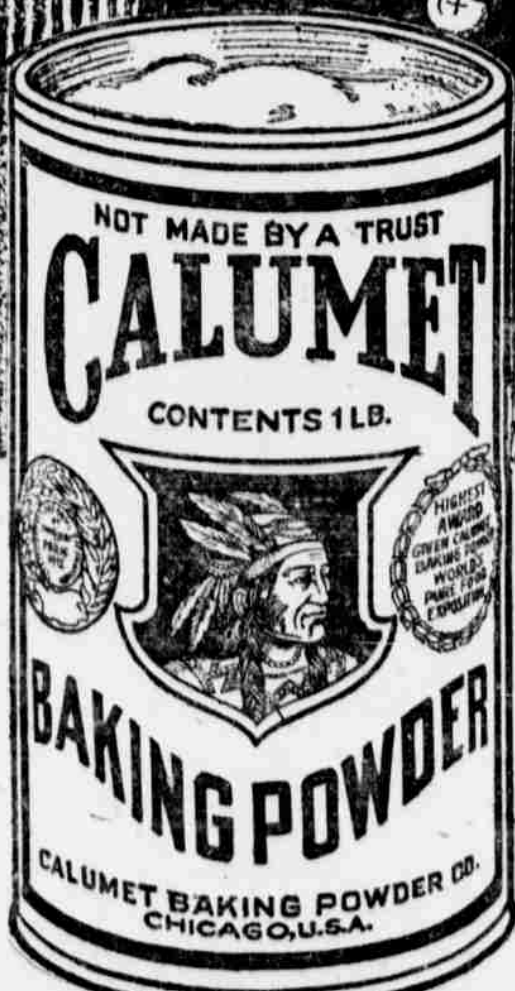
Monday Specials

Veal Roast, per lb.	15c	3 lbs. Hale Leader	95c
Veal Breast, per lb.	10c	1 lb. Golden Gate Coffee	47c
Rollad Rib Roast, per lb.	25c	2½ lbs. Golden Gate Coffee	\$1.15
Rib Boil Beef, per lb.	10c	Richelleu Coffee, per lb.	47c
Lamb Stew, per lb.	10c	No. 2 Cut Stringless Beans	15c
9-lb. can	\$1.59	4 rolls of Toilet Paper	25c
Boneless Corn	20c	Welch's Grape Juice, per quart	68c
Beef, per lb.	20c	Large bottle Monarch Catsup	25c
Fresh Ground Hamburger, per lb.	15c	Good Standard Corn	10c
Pure Pork Sausage, per lb.	18c	Good Sifted Peas	18c

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